



Mental Health And Wellness #3

Give faculty and staff resources about mental health and how they can recognize mental health concerns in students.



Description: Teachers and school staff play a vital role in recognizing mental health concerns in their students. Early identification, diagnosis and treatment can help children reach their full potential. To meet this criterion you must provide faculty and staff with facts and information about mental health; include signs and symptoms of mental health concerns. Promote resources available in your school and community.

Resources

National Alliance for the Mentally Ill in Utah

www.namiut.org

877-230-6264

Find Mental Health Services in Your Area

<http://mentalhealth.samhsa.gov/databases/facility-search.aspx?state=UT&fullname=Utah>

Mental Health Services Directory

<http://mentalhealth.samhsa.gov/databases/MHDR.aspx?D1=UT&Type=MDR>

Mental Health Fact Sheets for the Classroom

<http://www.schoolmentalhealth.org/>

Children's Mental Health Fact Sheets

<http://www1.nmha.org/infoctr/factsheets/index.cfm#children>

Child and Adolescent Mental Health

<http://www.mentalhealth.org/child/childhealth.asp>

Children's Mental Health Publications

<http://www.nimh.nih.gov/publicat/pubListing.cfm?dID=23>

Mental Health Information

<http://www.nimh.nih.gov/healthinformation/index.cfm>

Mental Health Fact Sheets

<http://www.aacap.org/page/ww?section=Facts+for+Families&name=Facts+for+Families>

Assignments

School Coordinator Assignments

- Research mental health using the suggested websites
- Determine the best way to promote awareness among faculty and staff
- Determine the best mental health contact for your school and let everyone know who it is
- Review school/district procedures related to mental health
- Promote awareness of the procedure(s) to faculty and staff
- Provide faculty and staff with facts and information about mental health; include signs and symptoms of mental health concerns
- Optional: Distribute one of the following handouts
 - <http://www.mentalhealthamerica.net/go/information/get-info/children-s-mental-health/recognizing-mental-health-problems-in-children>
 - http://www1.nmha.org/children/children_mh_matters/promoting.cfm

Mentor Assignments

- Research mental health using the suggested websites
- Help school coordinator with presentation about mental health
- Provide School Coordinator with promotion ideas for this criteria
- Promote awareness of general mental health and related problems
- Write a description for mid-year and end-year reports

Mental Health #3 Ideas

- Participate in National Mental Health Month in May
 - National Mental Health Association <http://www1.nmha.org/index.cfm>
 - National Mental Health Information Center
<http://mentalhealth.samhsa.gov/>
- Involve local mental health experts in your area
- Find fact sheets discussing specific areas of mental health at
<http://www.aacap.org/page/ww?section=Facts+for+Families&name=Facts+for+Families>
- Make a power point presentation for the faculty
- Create age appropriate poster, flyers, etc. to make students aware of mental health
- Teach the importance of good mental health, how it can be achieved and maintained
- Include a mental health topic at each faculty meeting
- Distribute a newsletter throughout the year focusing on different mental health issues or include mental health as a topic in the school's current newsletter
- Distribute a list of resources for teachers and school counselors to give to parents when they discuss a child's mental health concern
- Contact NAMI Utah, 877-230-6264, to set up a Teacher In-Service
- Help students identify who they can talk to when they feel sad or depressed
 - Have the students trace their hand on a piece of paper; have them write the name of someone they trust and feel they can talk to
 - Younger students can draw a picture representing the people they trust on each finger

Mental Health Resources Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

The description must include...

- ☐ A description of the resources that were used to inform teachers of mental health issues
- ☐ How teachers were informed of mental health issues

Mental Health Resources Description

The school coordinator and I researched mental health using the Mental Health Asmerica, the National Mental Health Information Center and the National Institute of Mental Health Web sites. We then met with the school's psychologist to learn more about mental health. At the November faculty meeting the school psychologist described mental health and taught faculty what they can do to help students maintain mental health and recognize those students with mental health problems. The school coordinator passed out a list from Mental Health America to the faculty detailing signs of mental health concerns in students and whom they could contact if any of these signs were noticed.

We participated in Mental Health Month in May to achieve an even greater awareness of mental health. The theme was Mind Your Health. We focused on the connection between mental health and physical health. We emphasized that caring for your mind is as important as caring for your body to achieve overall health. We used the GMM to combine the two components of health. We taught the students that exercise is a good way to relieve stress, raise your spirits and stay in good physical shape. I made posters that were placed in the school hallways to make everyone aware that May is Mental Health Month focusing on the theme Mind Your Health. I also placed fact sheets about mental health in each of the teacher's boxes along with ways to improve your mental health.



Additional Resources

Mental Health Resources

Find Mental Health Services in Your Area

<http://mentalhealth.samhsa.gov/databases/facility-search.aspx?state=UT&fullname=Utah>

Mental Health Services Directory

<http://mentalhealth.samhsa.gov/databases/MHDR.aspx?D1=UT&Type=MDR>

Telephone Referral System

2-1-1

(A great place for mental health resources and referrals)

Allies With Families

801-292-2515

Toll Free 1-877-477-0764

Mental Health Association in Utah

801-596-3705

NAMI Utah

801-323-9900

Toll Free 1-877-230-NAMI

National Suicide Hotline

1-800-SUICIDE

1-800-784-2433

Prevent Child Abuse Utah

801-393-3366 – Ogden

801-532-3404 – SLC

Utah Children's Health Insurance
Program

1-877-KIDS-NOW

Utah Child Abuse/Neglect Hotline

1-800-678-9399

Support Group Information by Region

Salt Lake

Barbara Zabriskie

801-347-7399

Southwest

New Frontiers for Families

Tracy Johnson

866-897-7322